Physical Readiness Program

Policy Implementation and Latest Developments

Brief for Athletic Business Conference

Physical Readiness Program Office
OPNAV (N135)

Physical Readiness Program

- Physical Readiness Program Policy
- Nutrition Programs
- Physical Readiness Information Management System (PRIMS)
- Command Fitness Leader (CFL) Management

Physical Readiness Policy Summary of Changes

- Administrative actions for PFA failures:
  - ADSEP processing
  - Frocking and removal of promotion or advancement
  - Eval/Fitrep mark of 1.0 in military bearing with an overall “SP”

Physical Readiness Policy Summary of Changes

- BCA Exception
- “Bad Day” rule allows for retest of PFA
- Time for Physical Conditioning increased
- ISIC Oversight
- Fitness Enhancement Program (FEP)
- Conduct three sequential BCA

New Cardio Options: Elliptical Crosstrainer and Stationary Cycle

- NAVADMIN 011/07 (22Jan07) announced.
  - PRIMS has these options now available for scheduling Spring 07 PFA cycle.

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PFA: Culture of Fitness
Understanding Behavior

Active Duty PFA Data - PRIMS October 2007				
PFA Cycle	**Total # Records**	**# PFA Participants**	**# PFA Failures**	**%**
Spring 2007	267,508	225,707	9,750	4.31%
Fall 2006	265,572	235,890	10,380	4.40%
Spring 2006	260,935	235,768	12,007	5.09%
Fall 2005	249,446	221,047	12,751	5.76%
Spring 2005	238,066	214,002	15,234	7.11%
Fall 2004	219,363	194,251	14,747	7.59%
Spring 2004	205,359	188,334	14,681	7.79%
Fall 2003	184,281	168,837	13,13[illegible]	7.7[illegible]%
Spring 2003	164,018	145,139	1[illegible]	[illegible]

Steady PFA improvement!

PFA Policy Losses to Date

Understanding behavior

		Zone A	Zone B	Zone C	
FY05	Attrites	6	12	0	
	EAOS Losses	13	26	8	FY05 Zones A-C
	Total	19	38	8	65
FY06	Attrites	771	524	156	
	EAOS Losses	199	279	87	FY06 Zones A-C
	Total	970	803	243	2016
FY07	Attrites	885	540	227	
	EAOS Losses	156	221	53	FY07 Zones A-C
	Total	1041	761	280	2082
FY08	Attrites	35	22	10	
	EAOS Losses	4	8	1	FY08 YTD Zones A-C
	Total	39	30	11	80
					FY08 YTD Zones A-E
					88

Progress Waivers: 1939

Readiness Waivers: 656

Policy Issues

- Individual Augmentation
- Detailing
- Retirement/Title 10
- Recruiting

Physical Readiness Information Management System (PRIMS)

- PRIMS is the PFA database
- Programming updates to address:
  - Individual Sailor's PFA data for career progression
  - Data sharing - commands, manpower shops, and distribution
  - Data reporting and accurate metrics for policy guidance
- Programming upgrades and interfaces provide increased accessibility, oversight, and enhanced capabilities

Sailor Historical Information

SSN: 123456789

Name: SAILOR JOSEPH A

NEC Info

NEC	NEC Date
8800	0411
8345	
8335	9802
9585	9103

Platform Type History

	Activity Name	UIC	Rate
ONB	VF 31	09473	ATC
FST	VF 101	09067	AT1
SEC	VF 213	09934	AT1
CH1	NRD SAN DIEGO	68401	
CH2	VFA 154	09678	
CH3		09069	
CH4		09095	
CH5			

School History

CDP	Complete Date	SAC
509Z	0502	288
5360	0411	288
806L	0101	288
724F	0005	288

PRIMS Info

PRT Cycle	Bode Comp Status	Body Fat Status	PRT Date	PRT Status	Overall Category
Fall 2005	Participant	Pass	20051115	Participant	Excellent Low
Spring 2005	Participant	Pass	20050428	Participant	Good High
Fall 2004	Participant	Pass	20041026	Participant	Excellent High
Spring 2004	Participant	Pass	20040510	Participant	Excellent High
Fall 2003	Waiver	Not Tested	20031109	Waiver	Medical Waiver
Spring 2003	Participant	Pass	20030517	Participant	Good High
Fall 2002	TAD	Not Tested	20021025	TAD	Not Tested
Spring 2002	Participant	Pass	20020430	Participant	Excellent High
Fall 2001	Participant	Pass	20011030	Participant	Excellent High
Spring 2001	Participant	Pass	20010505	Participant	Excellent Low

PG/Eval Info

FROM TO PAYGRADE	20030916 20040915 E7	20021116 20030915 E6	20020720 20021115 E6	20011116 20020719 E6	20001116 20011115 E6
Prof Knowledge	-	5	5	5	5
Prof Expertise	4	-	-	-	-
Qual Of Work	-	4	4	4	4
EEO	3	4	4	3	3
Military Bearing/Char	4	4	4	4	5
Pers Job Accomp/Init	-	4	5	5	5
MSN Accomp/Init	4	-	-	-	-
Teamwork	4	5	4	5	4
Leadership	4	5	4	5	5
Tactical Performance	NOB	-	-	-	-
Physical Readiness	P/W/S	P/W/S	P/W/S	P/W/S	P/W/S
Promotion Rec	PROM	EARL	MUST	EARL	EARL

"-" Trait is not assessed for Paygrade

Overview of Goals

- Establish program foundation.
- Increase utilization of PRIMS.
- Educate Navy in the benefits of adopting a healthy lifestyle.

Program Goals

- Revise OPNAVINST 6110.1H
  - Aid in establishment of a Culture of Fitness
  - Incorporate the latest fitness guidelines
  - Revise testing and equipment requirements
  - Incorporate PFA lesson’s learned and Fleet feedback

Program Goals

- Propose secondary NEC
- Update and create Navy E-Learning course on Navy Nutrition and Weight Management Self-Study Guide.
- Enhance communications with the Fleet.

NAVY
Fitness
UNITED STATES
NAVY

Command Fitness Leader (CFL) Education

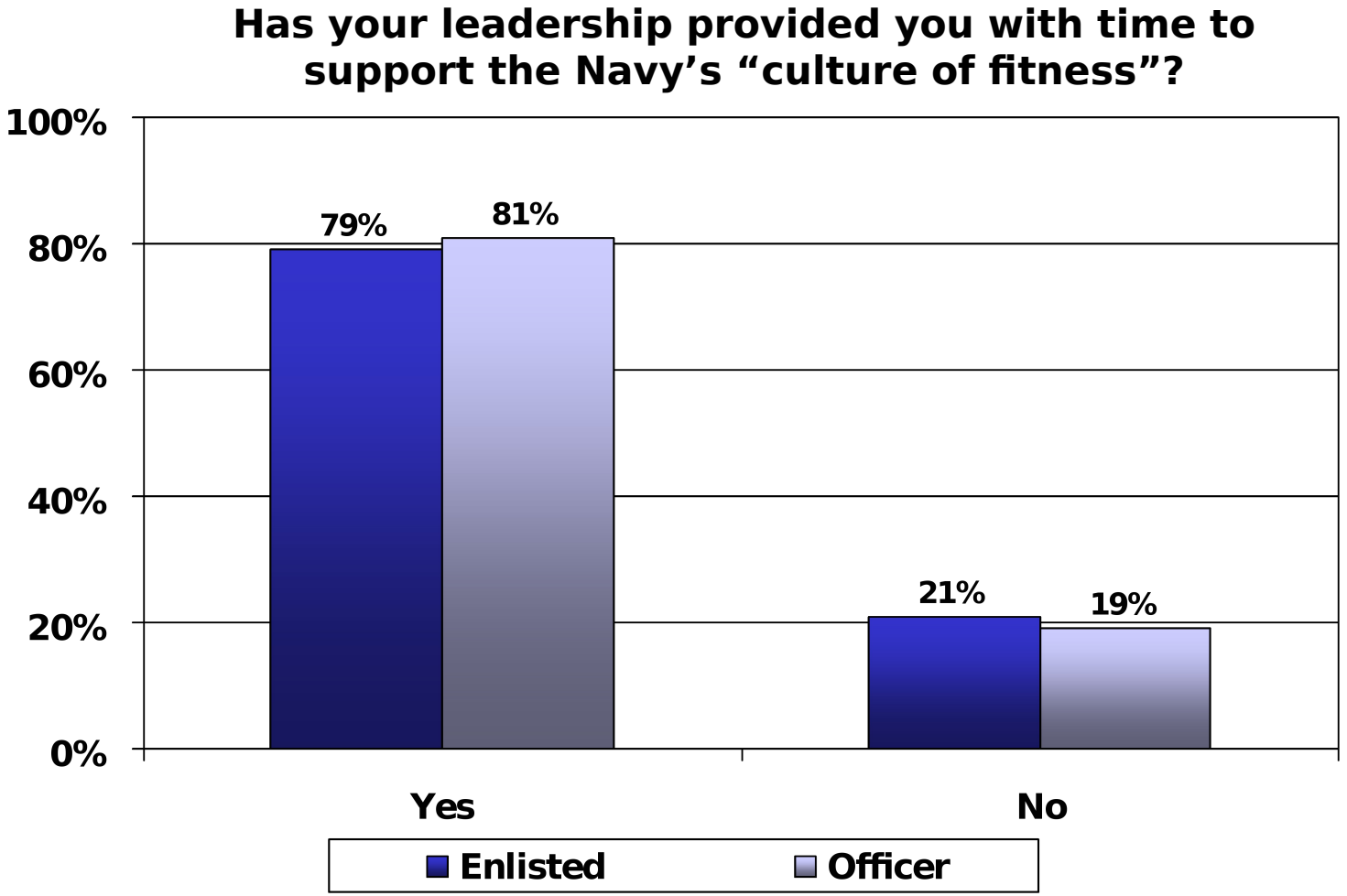
- CFL Courses
  - Fifteen scheduled at Fleet locations for FY08.
  - Formal course curriculum to pilot Jan 08.
  - Second team to come on line Mar 08.

- CFL Summits
  - Designed primarily for certified CFLs.
  - Updated policy and program information specifically targeted to CFLs, CNIC MWR Fitness Specialists, and senior enlisted personnel.

Culture of Fitness
Way Ahead

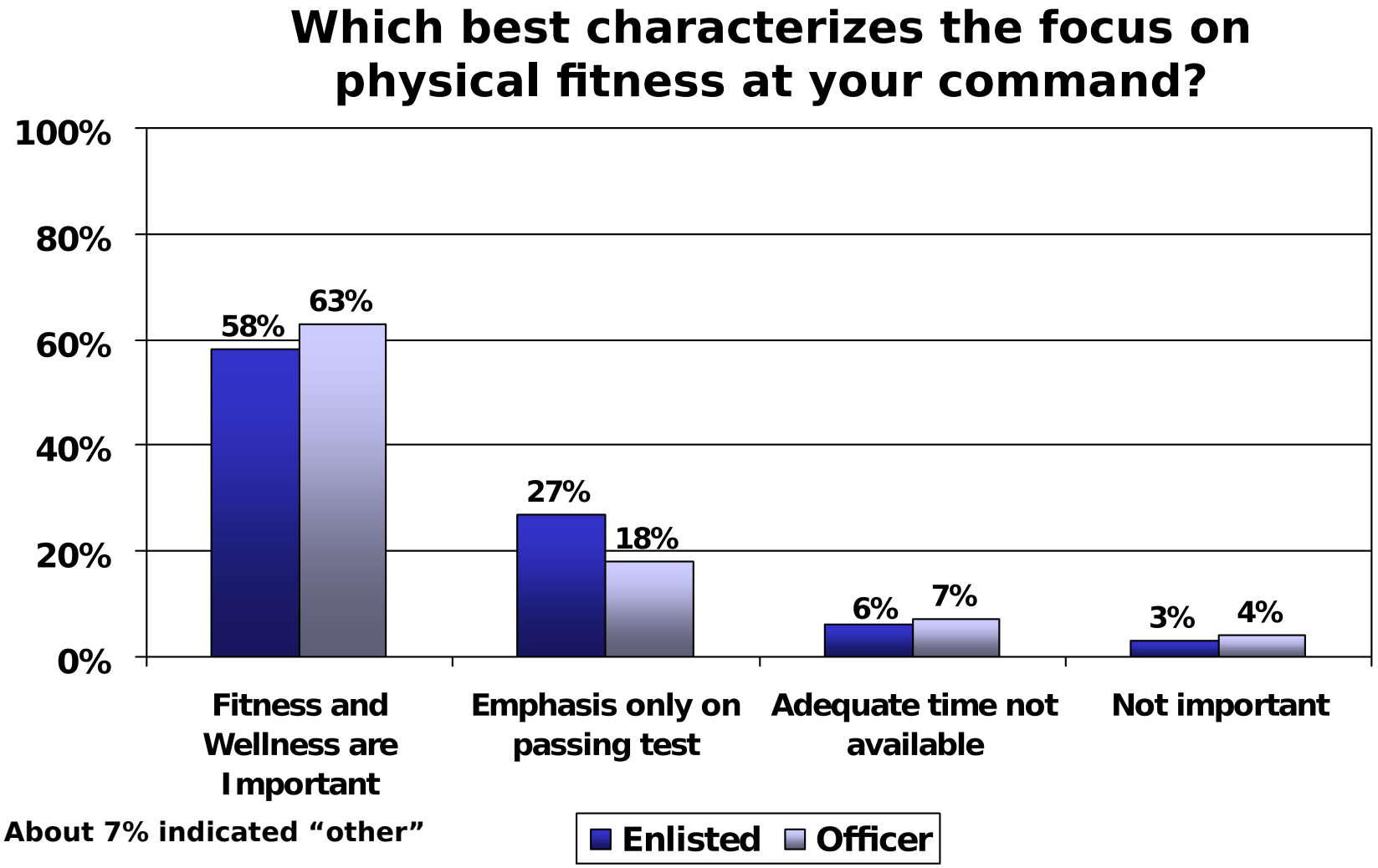
- Transition from a Navy testing and compliance orientation.
- Continue to take strong action against those who are consistently out of standard.
- Continue collaborative efforts to redefine physical readiness policy in terms of constant fitness and health.
- Fleet Response Plan and recent health research studies show requirement for continual fitness and value of good health in terms of Navy mission accomplishment.

Culture of Fitness: Leadership Support



First Navy-wide survey data on Culture of Fitness

Culture of Fitness: Command Emphasis



About 7% indicated "other"

Reverse Trends in Society

Physical fitness is a reflection of the ability to work with vigor and pleasure without undue fatigue, with energy left for enjoying hobbies and recreational activities, and for meeting unforeseen emergencies. *American Council on Exercise*

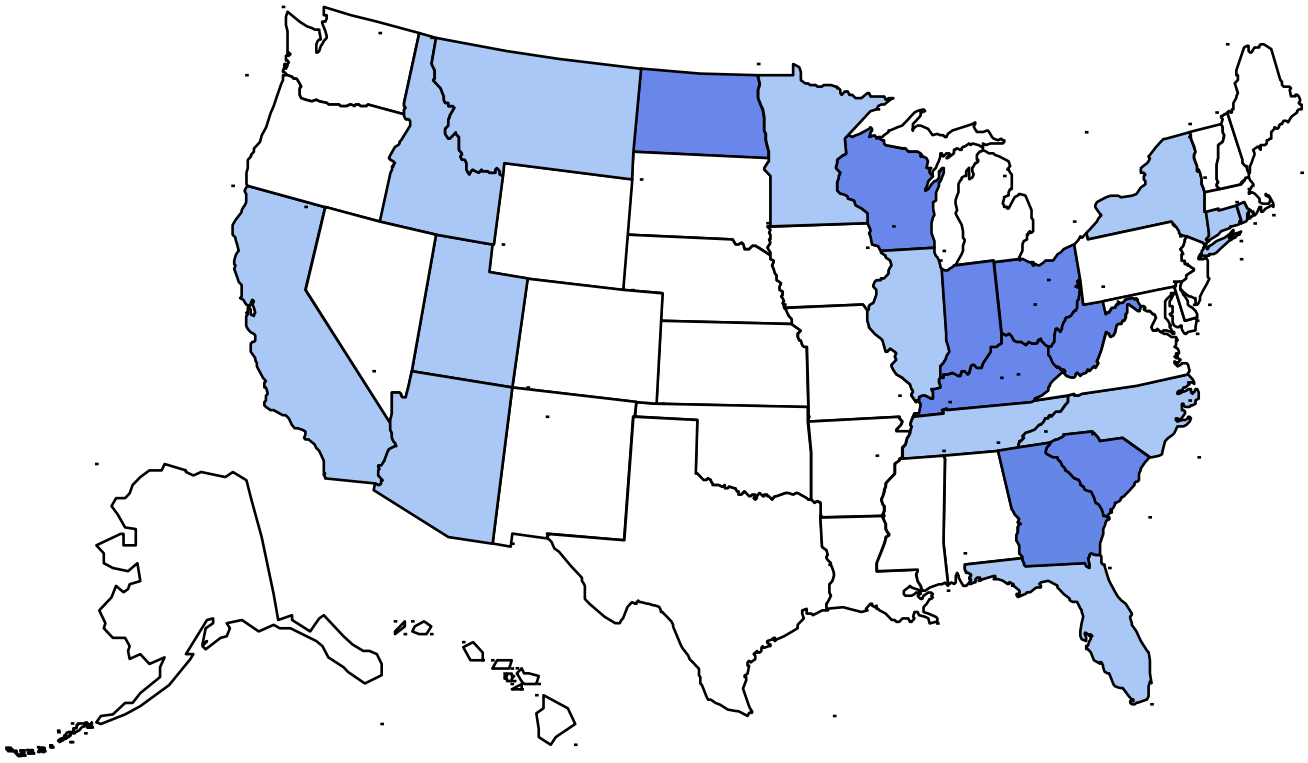
- Today's students generally have more body fat and perform more poorly in cardiovascular endurance events than students in the past.
- "Middle age for the average person begins at age 26, because at that age he or she has the physical capacity that our ancestors had when they were 40."

Dr. Thomas Cureton

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥30, or about 30 lbs overweight for 5’4” person)



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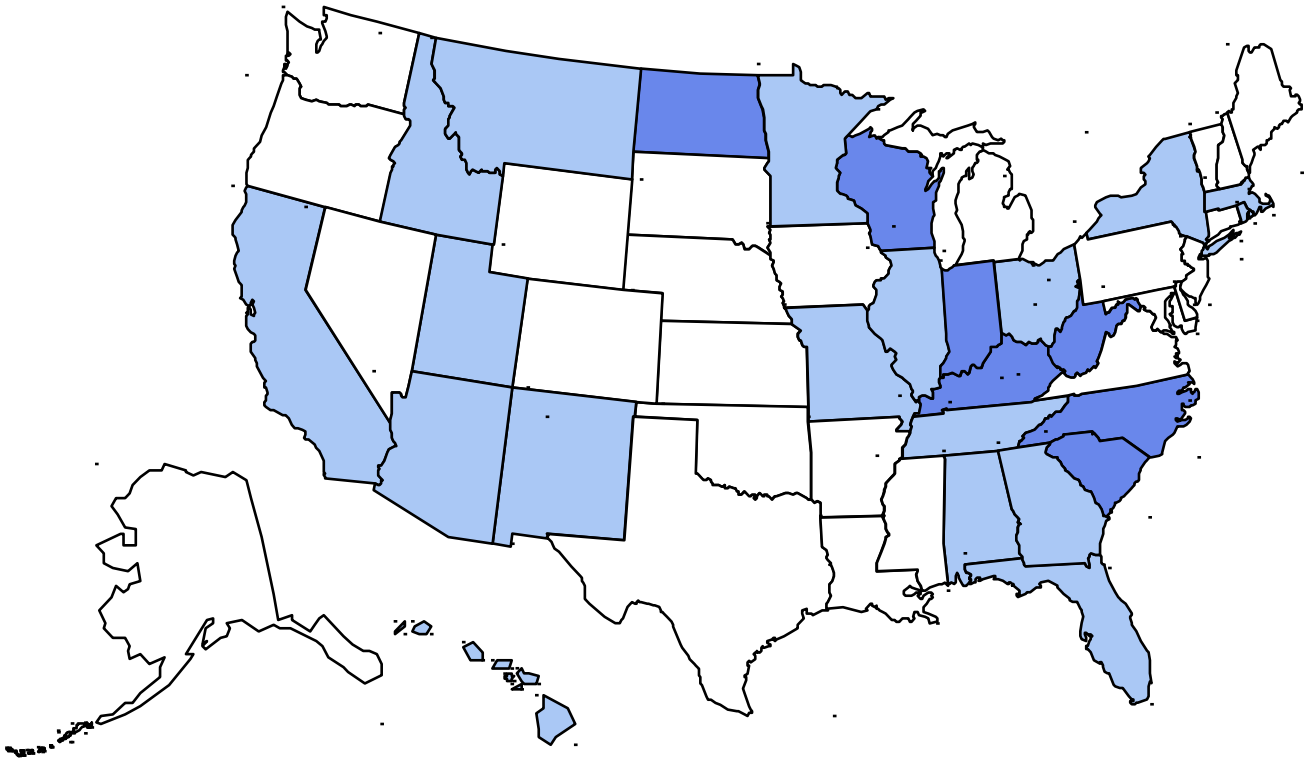

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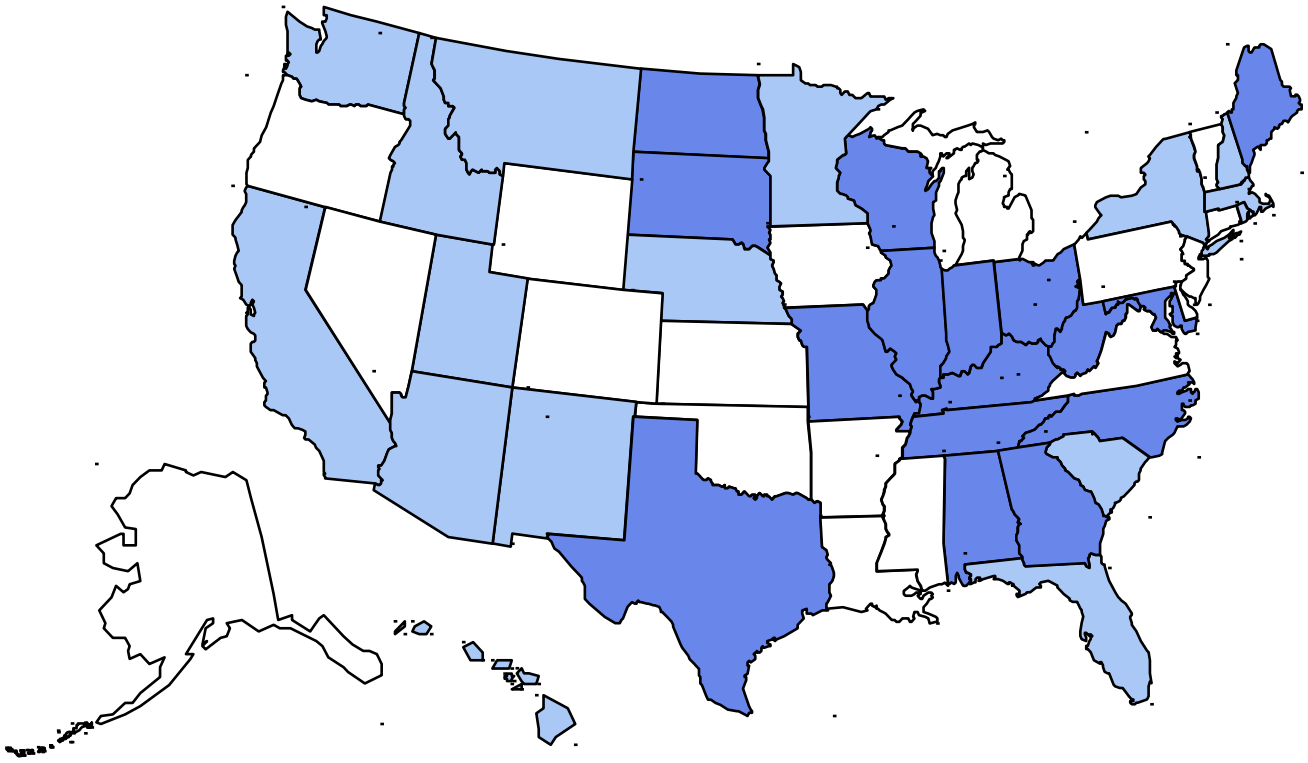

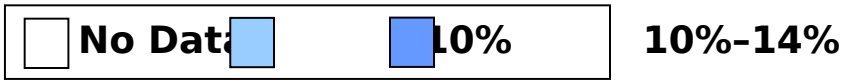

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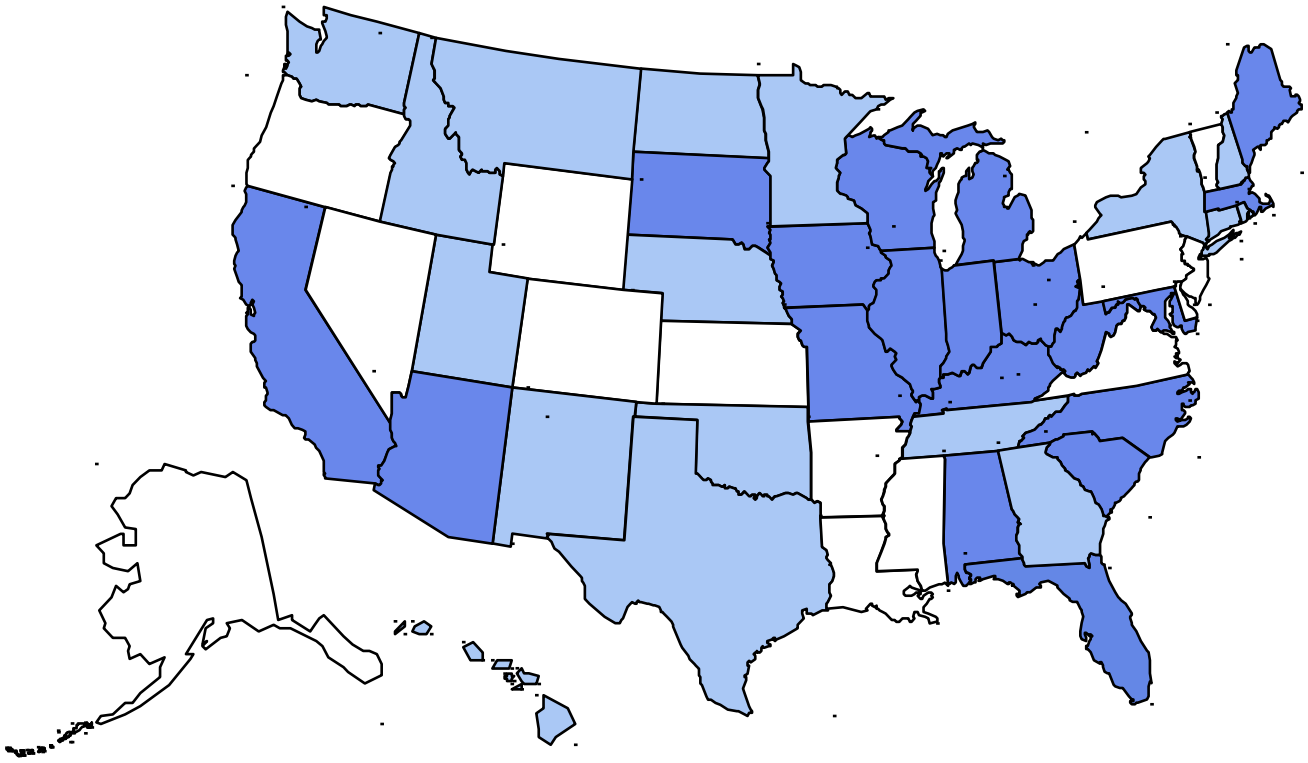

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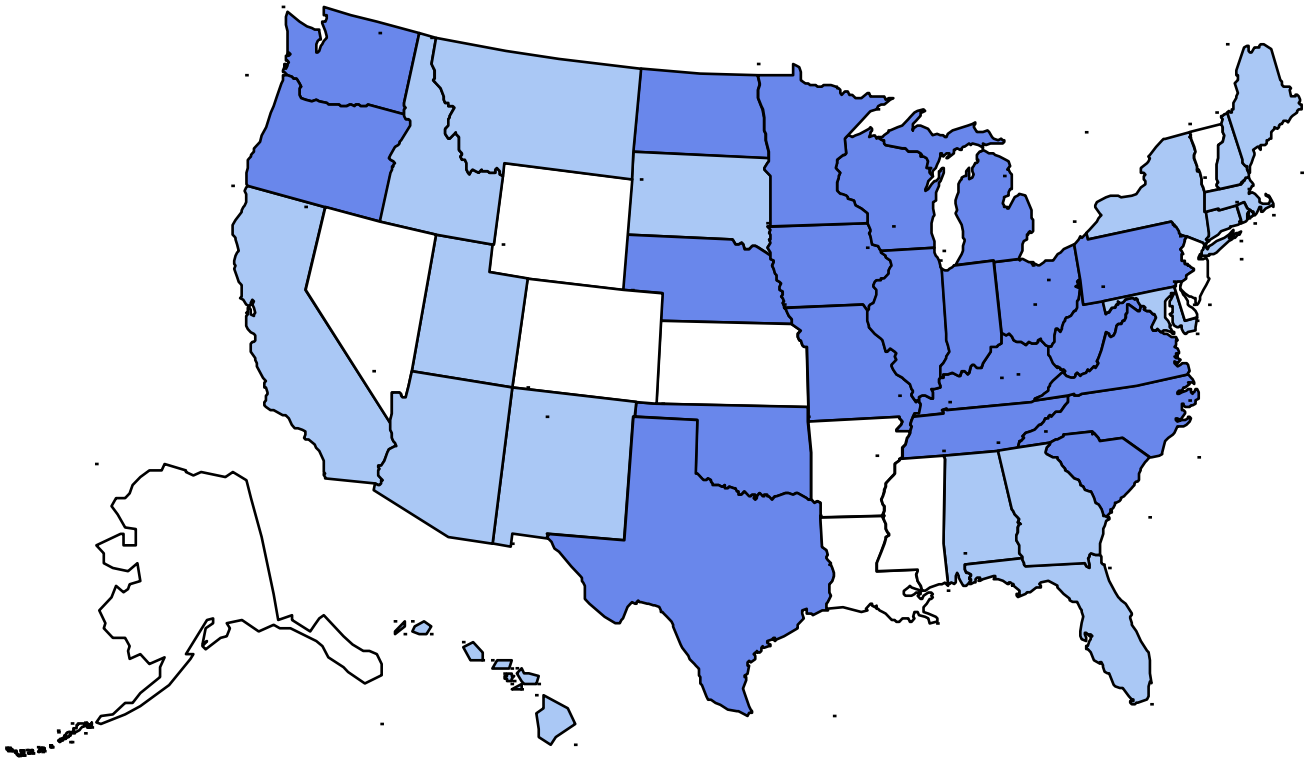

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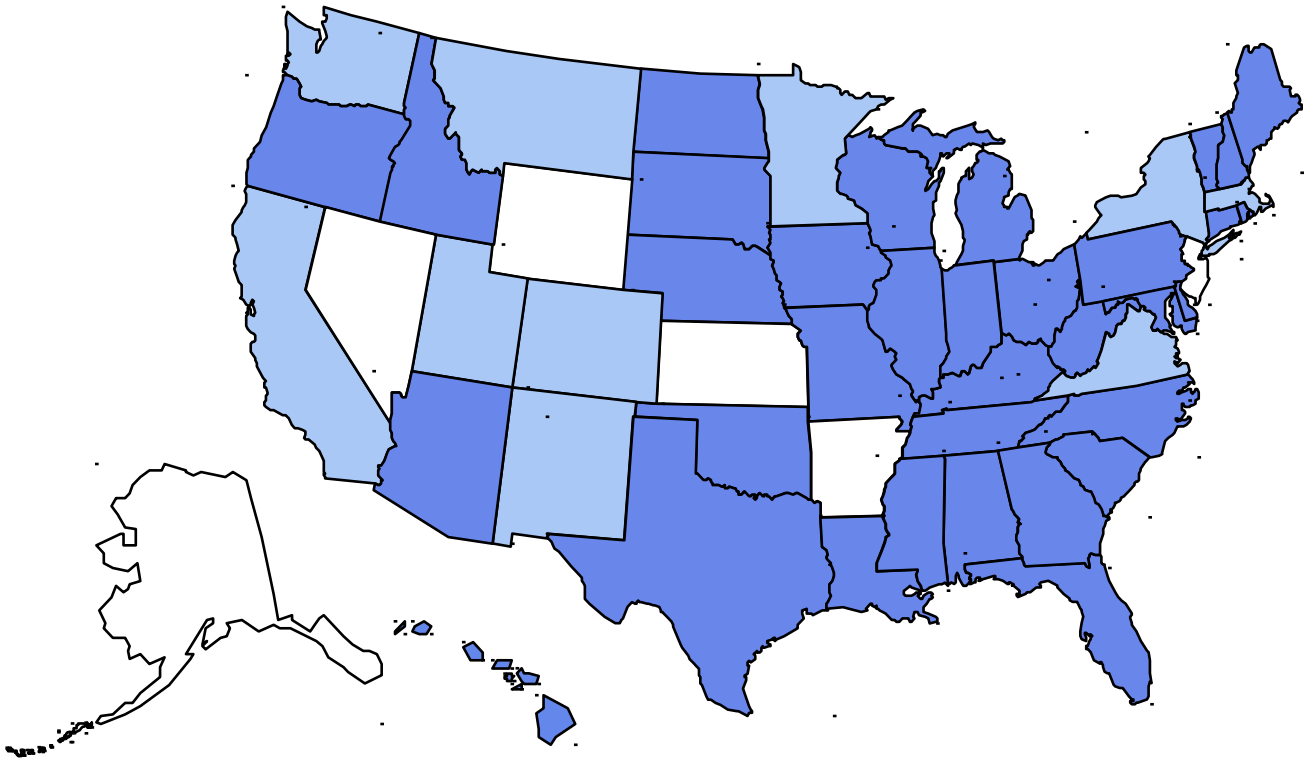

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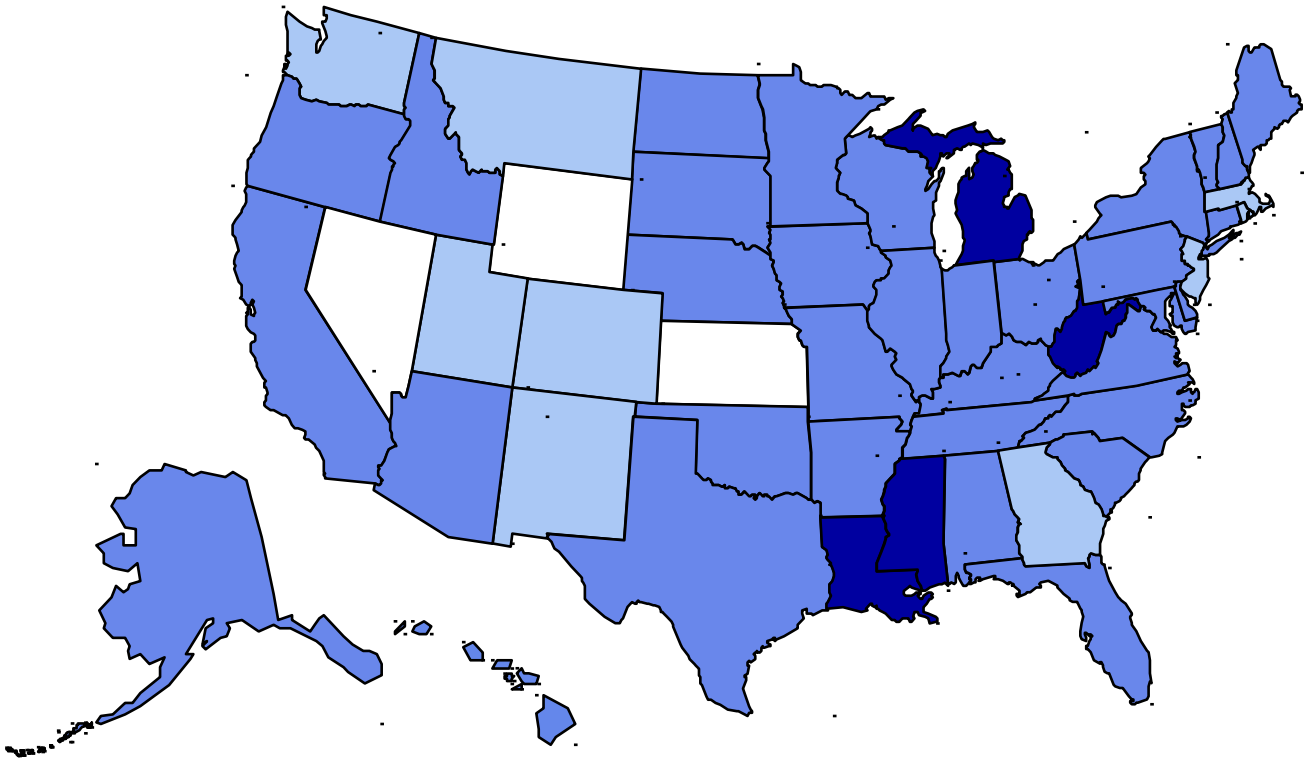

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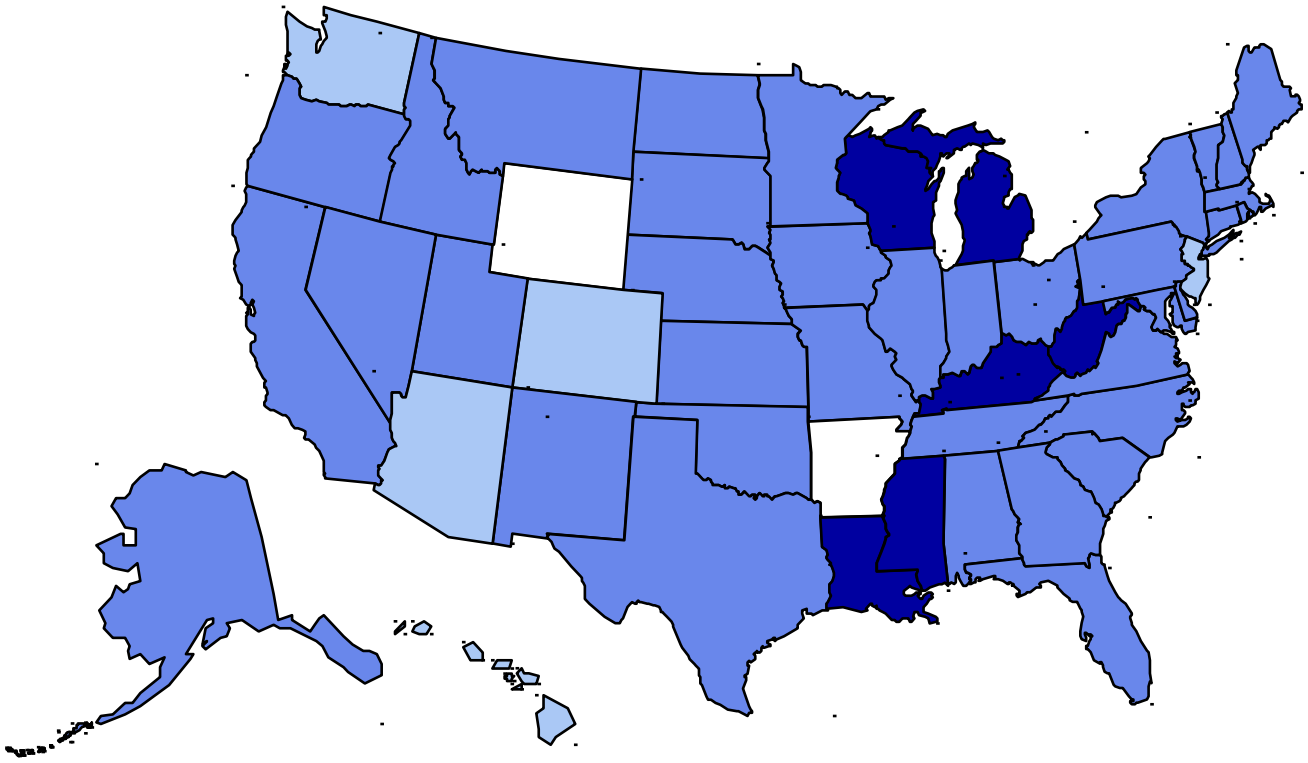

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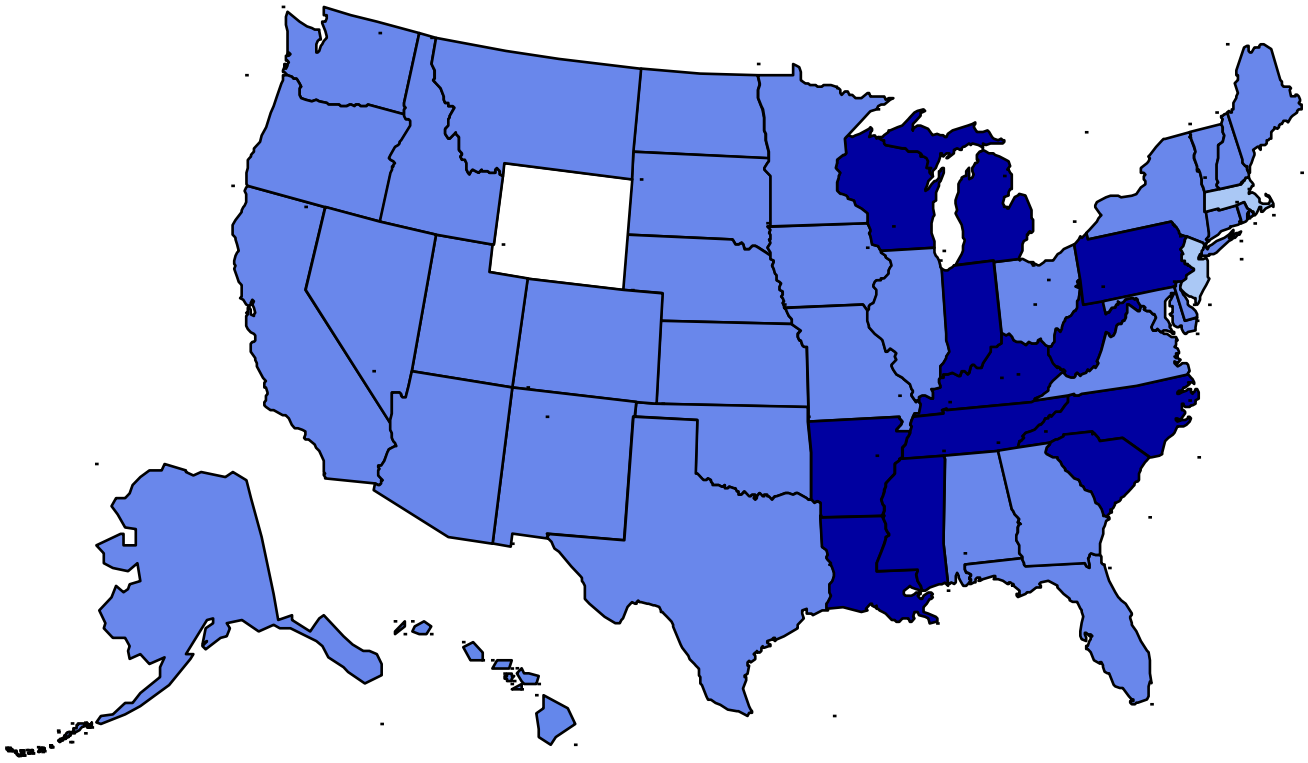

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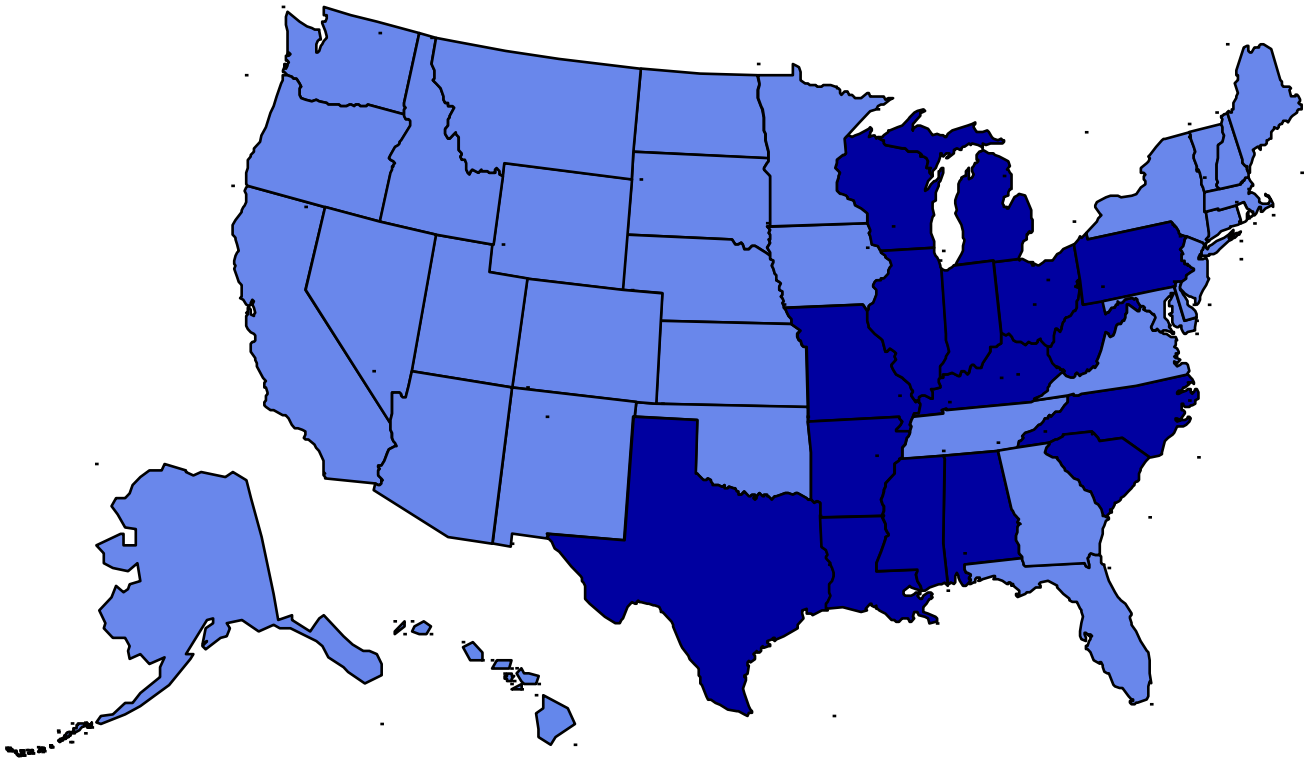

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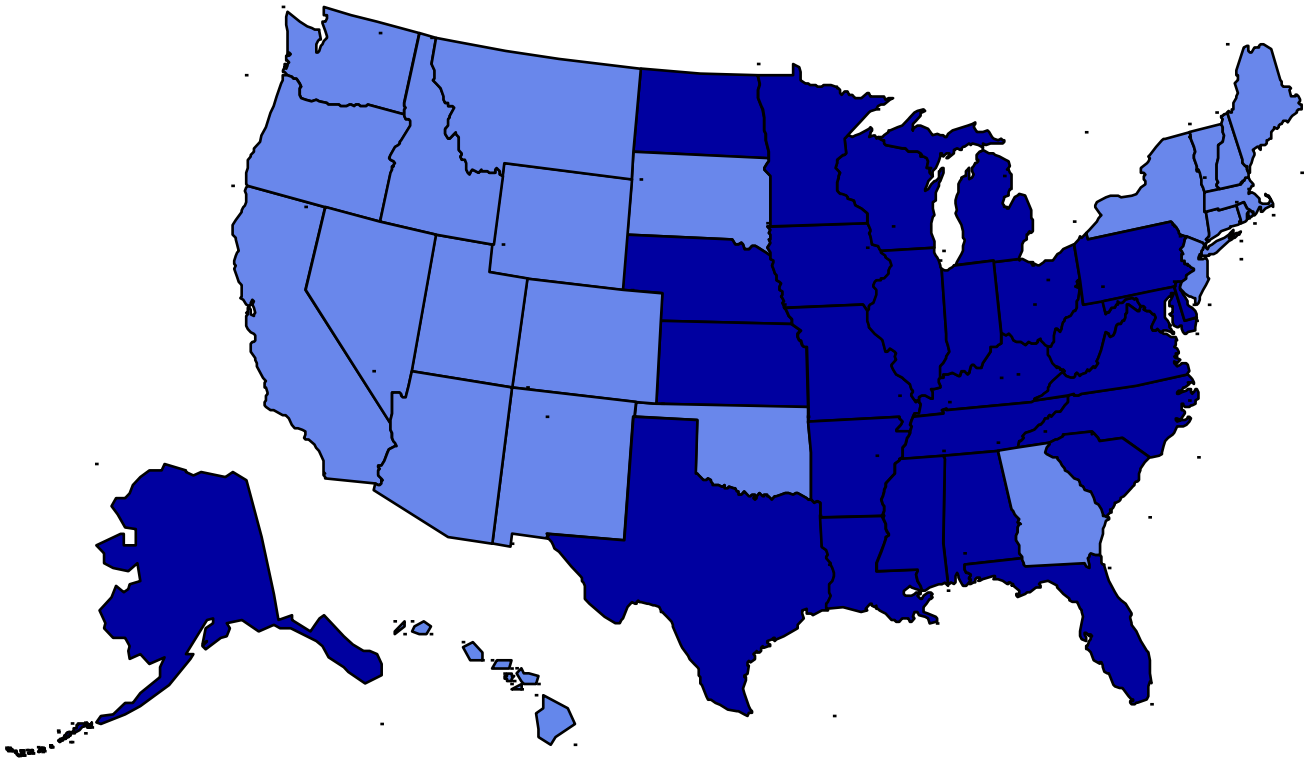

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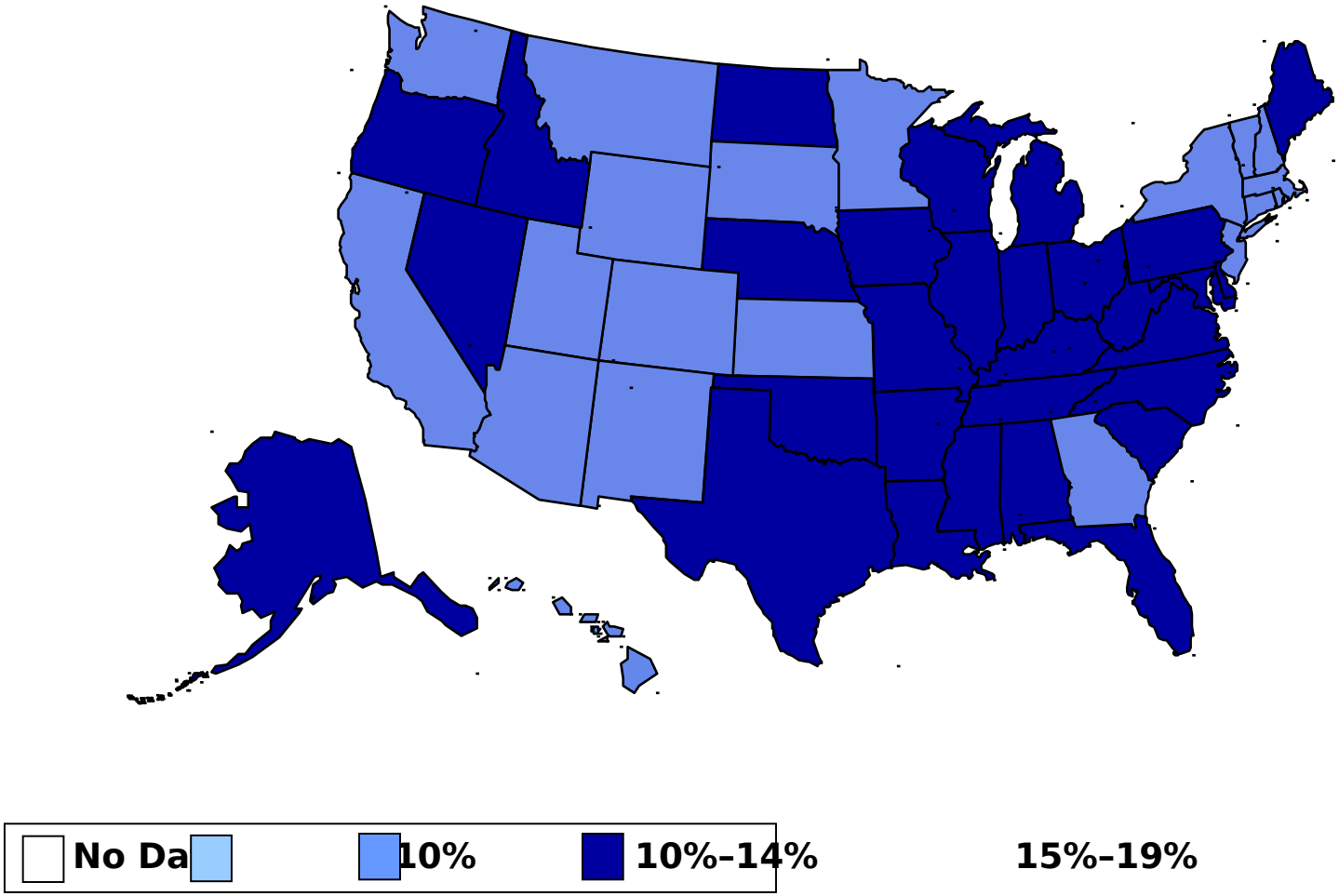

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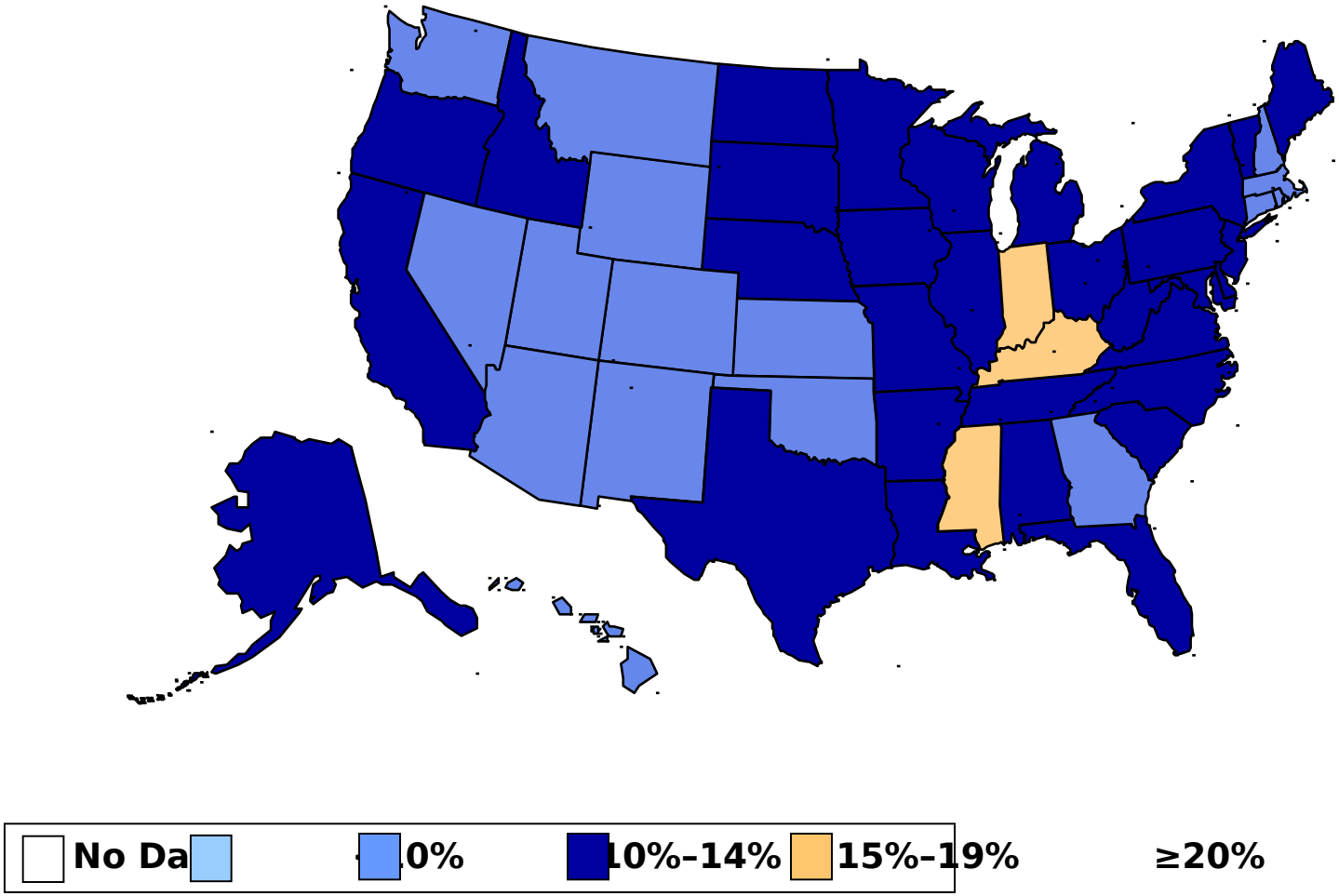

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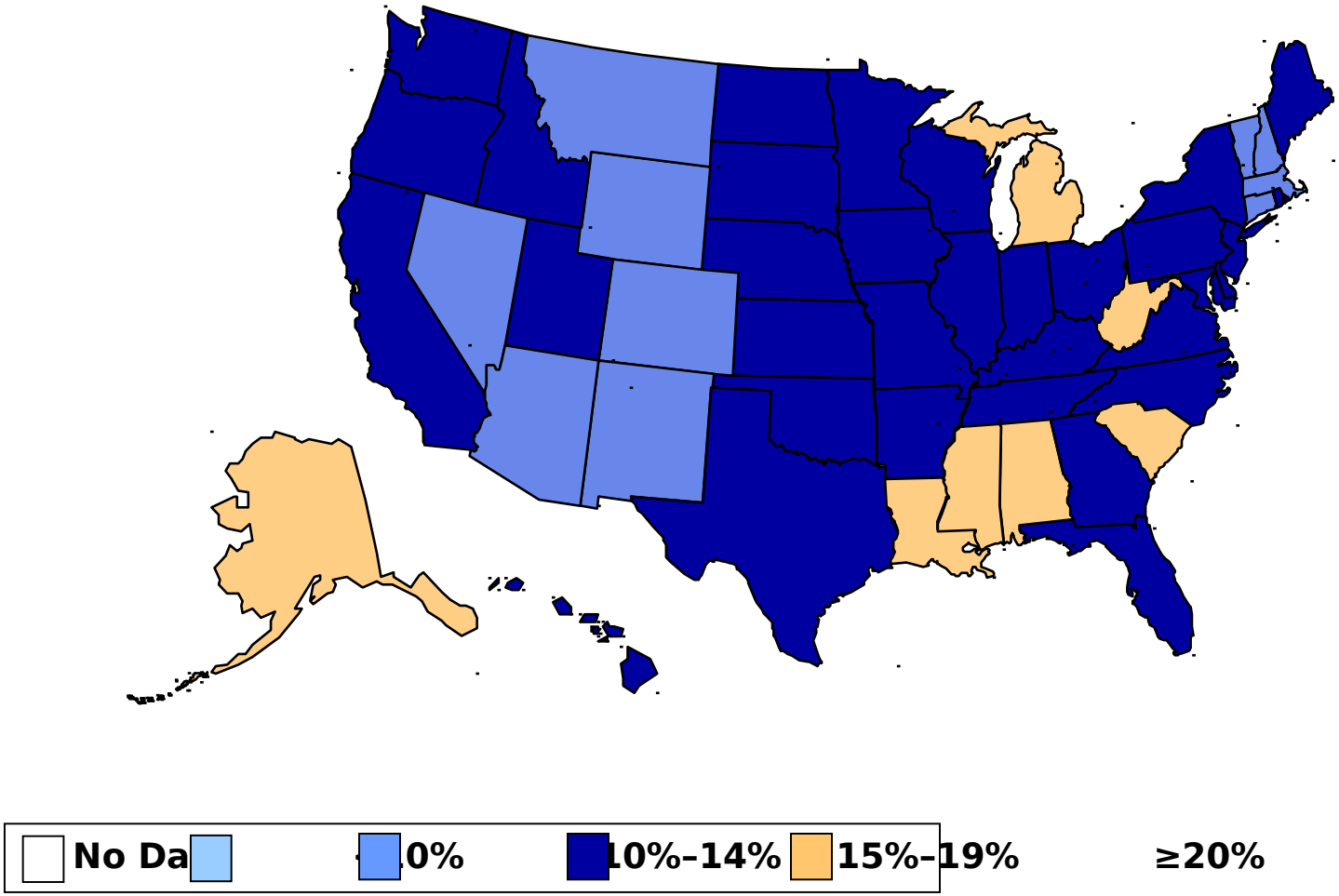

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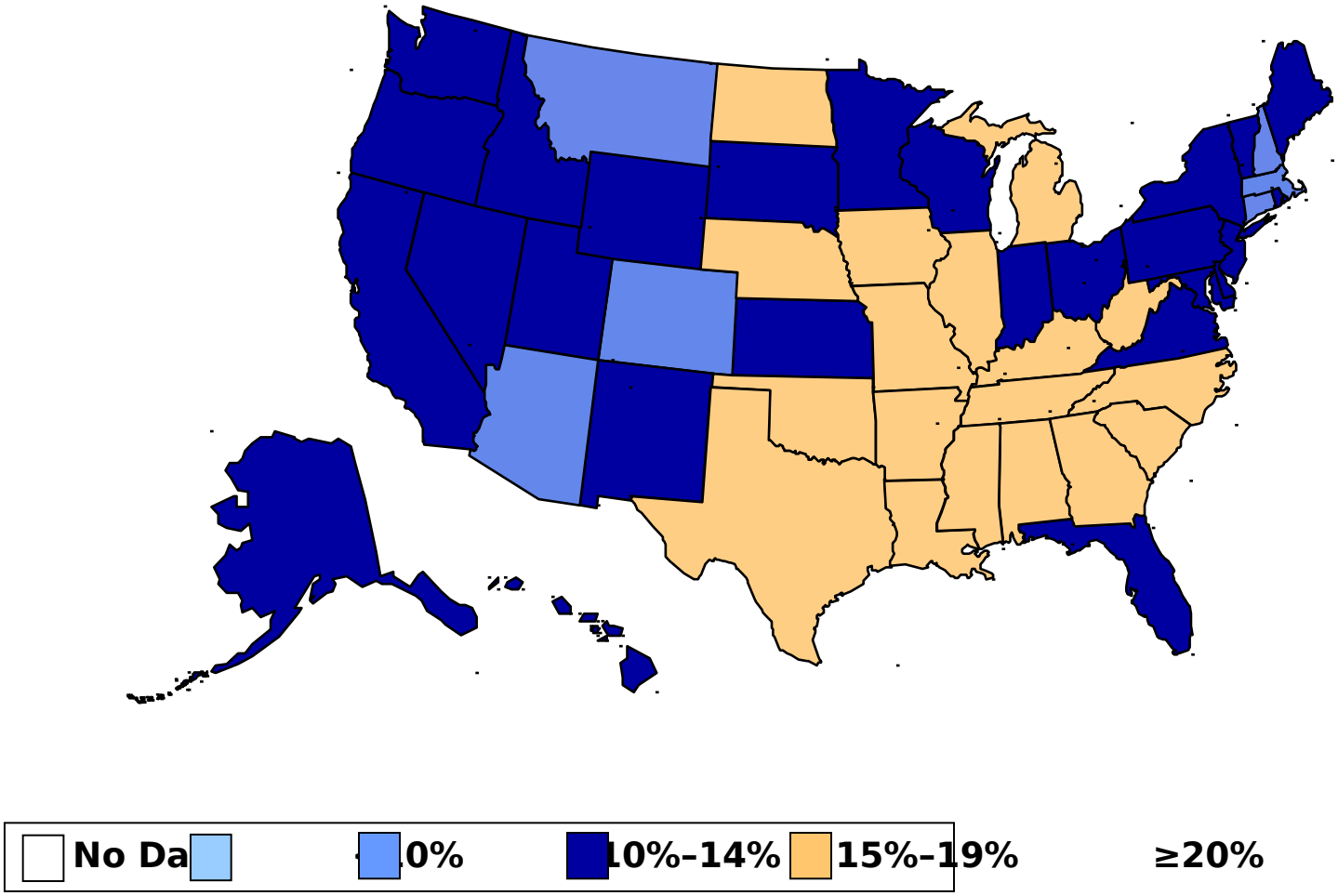

Obesity Trends* Among U.S. Adults

BRFSS, 2000

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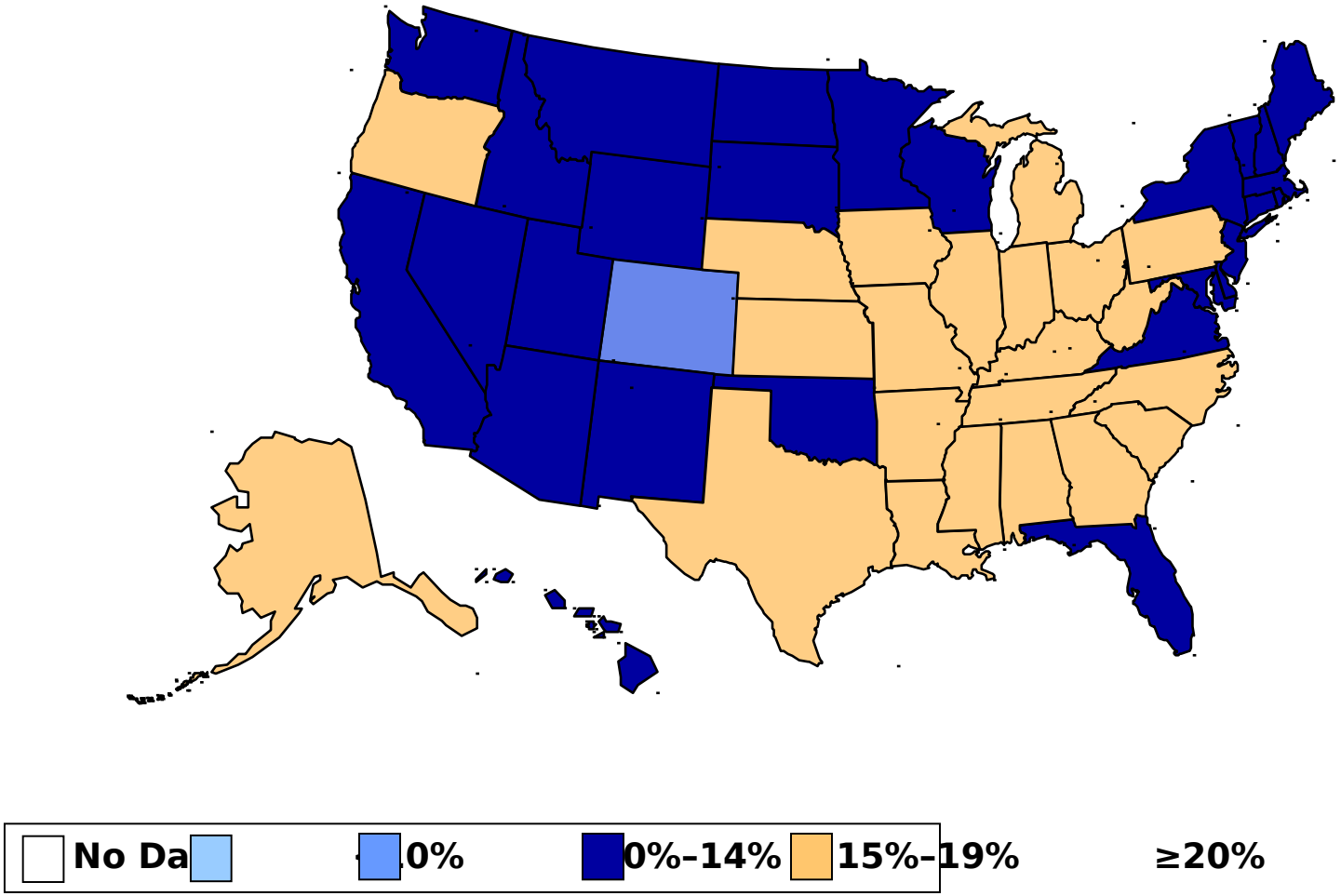

Obesity Trends* Among U.S. Adults

BRFSS, 2001

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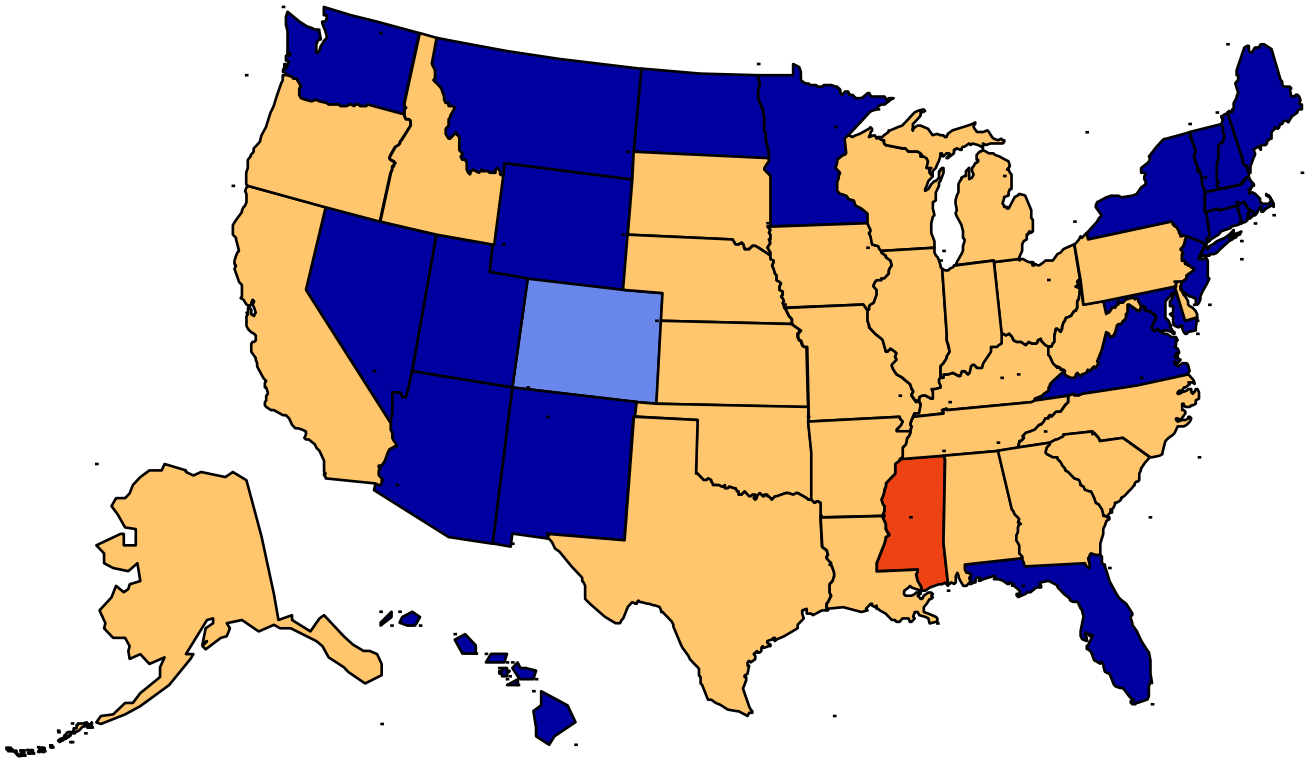

Obesity Trends* Among U.S. Adults

BRFSS, 2002

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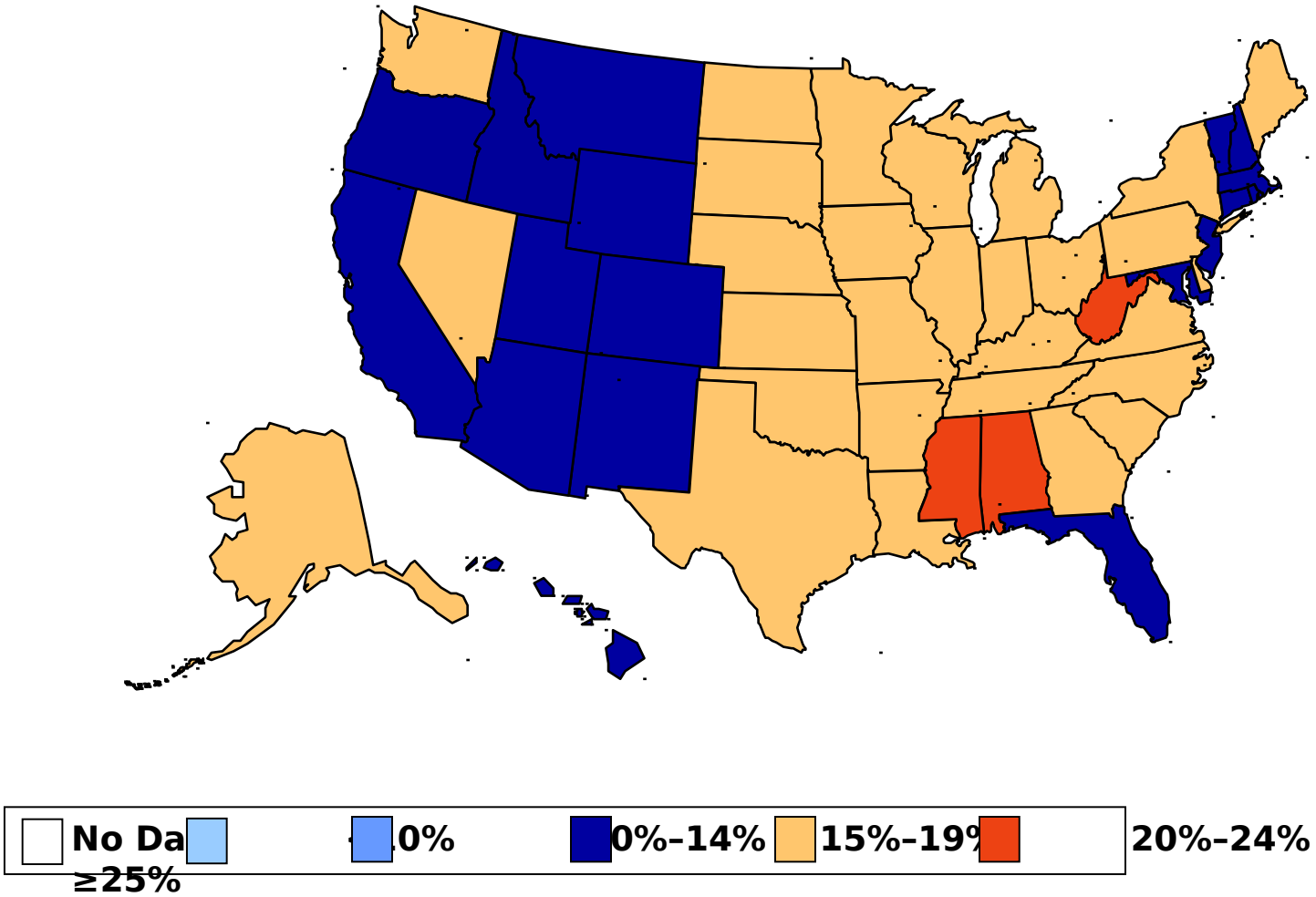

Obesity Trends* Among U.S. Adults

BRFSS, 2003

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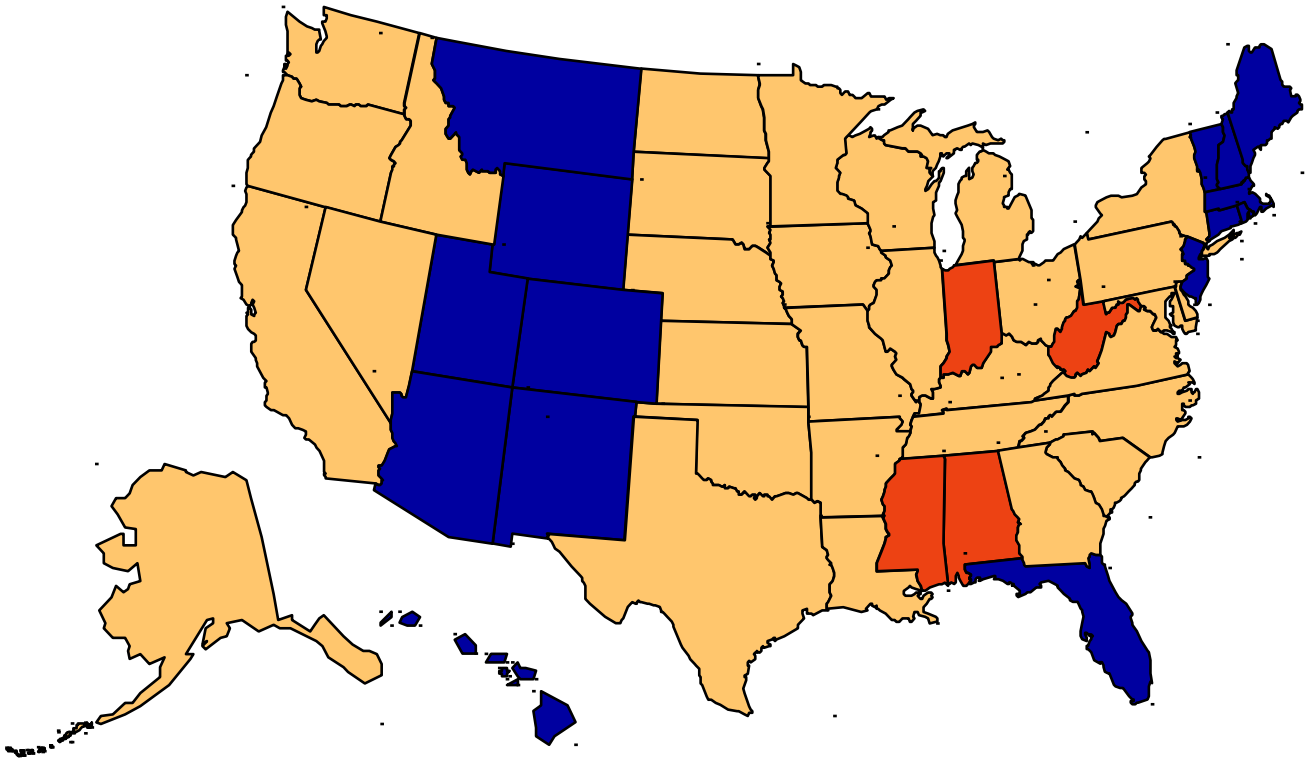

Obesity Trends* Among U.S. Adults

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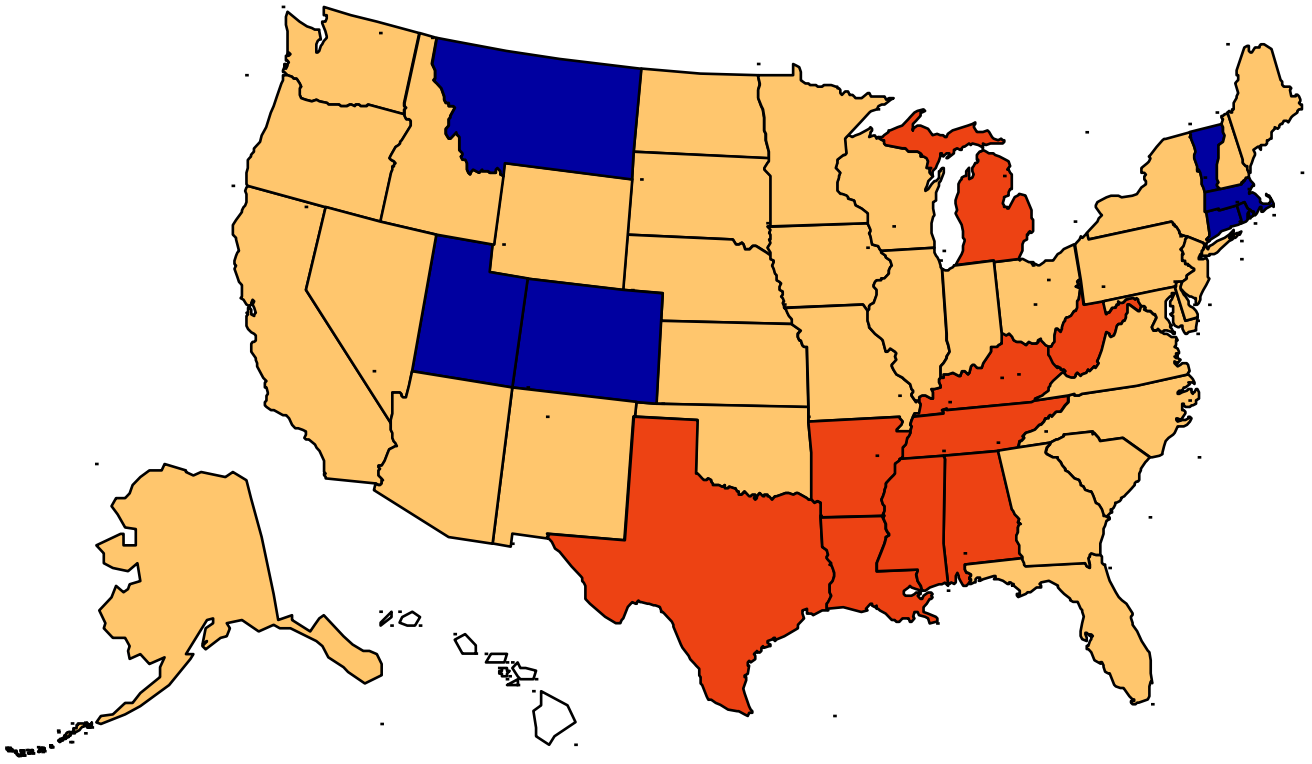

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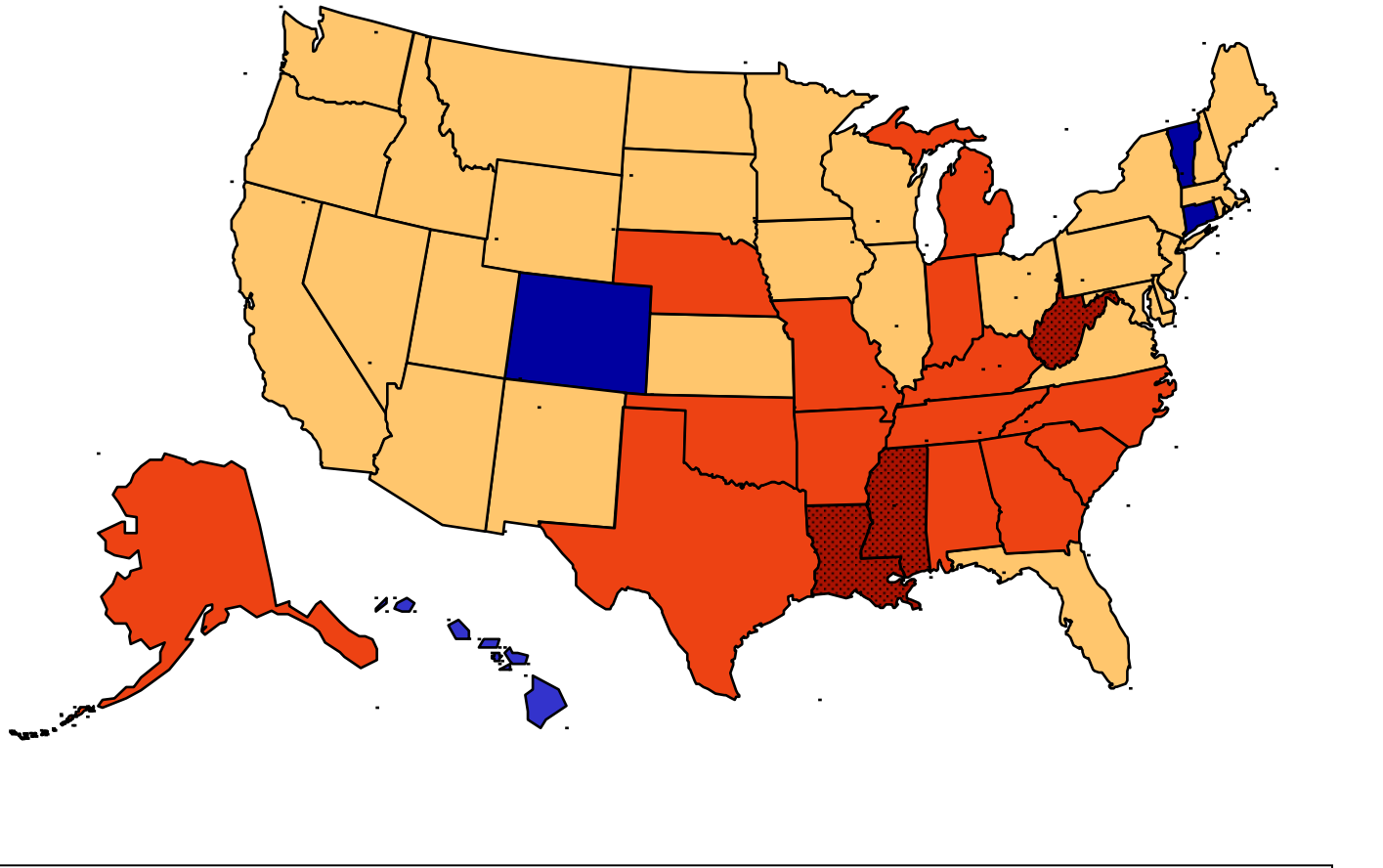

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

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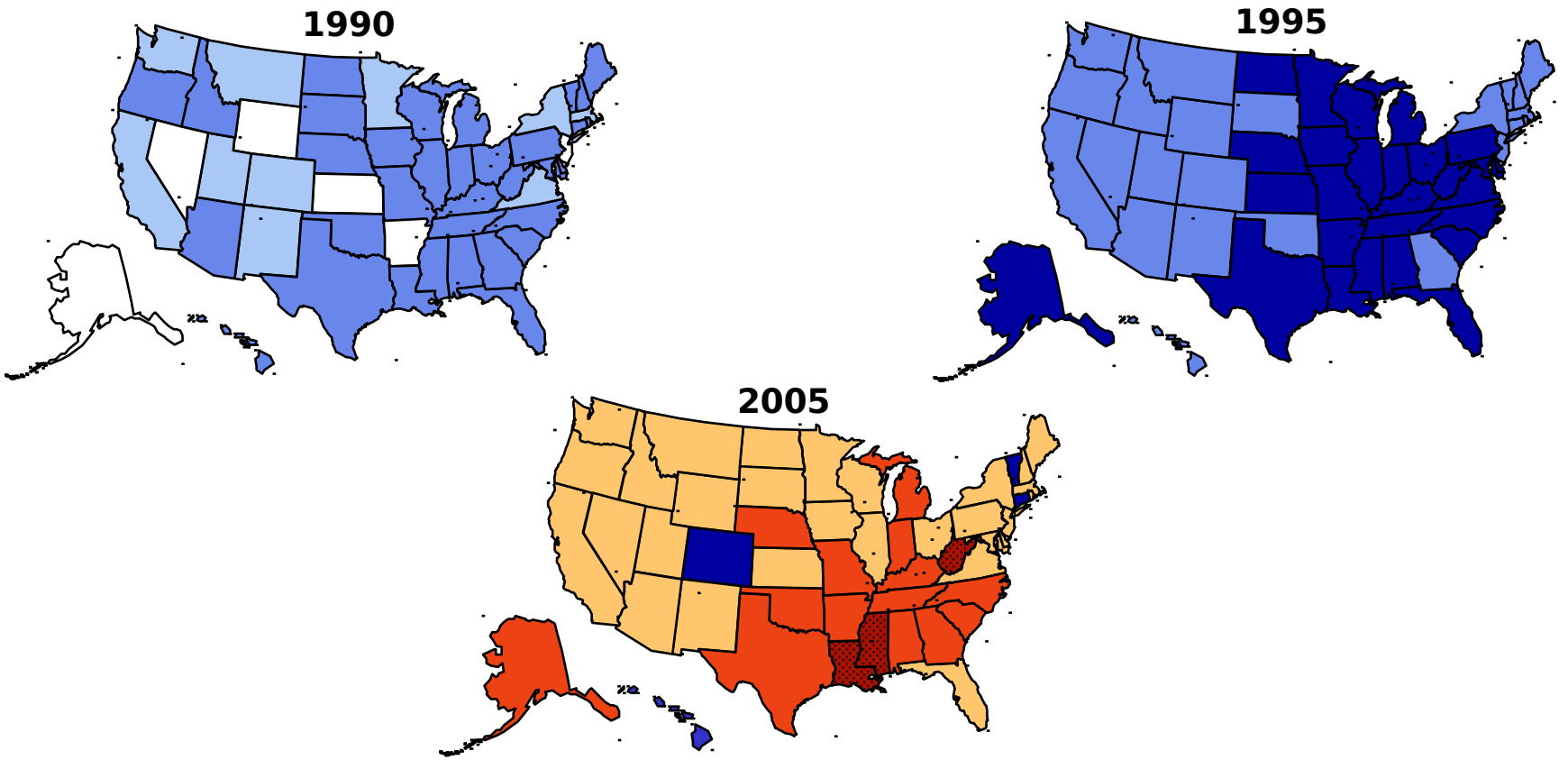
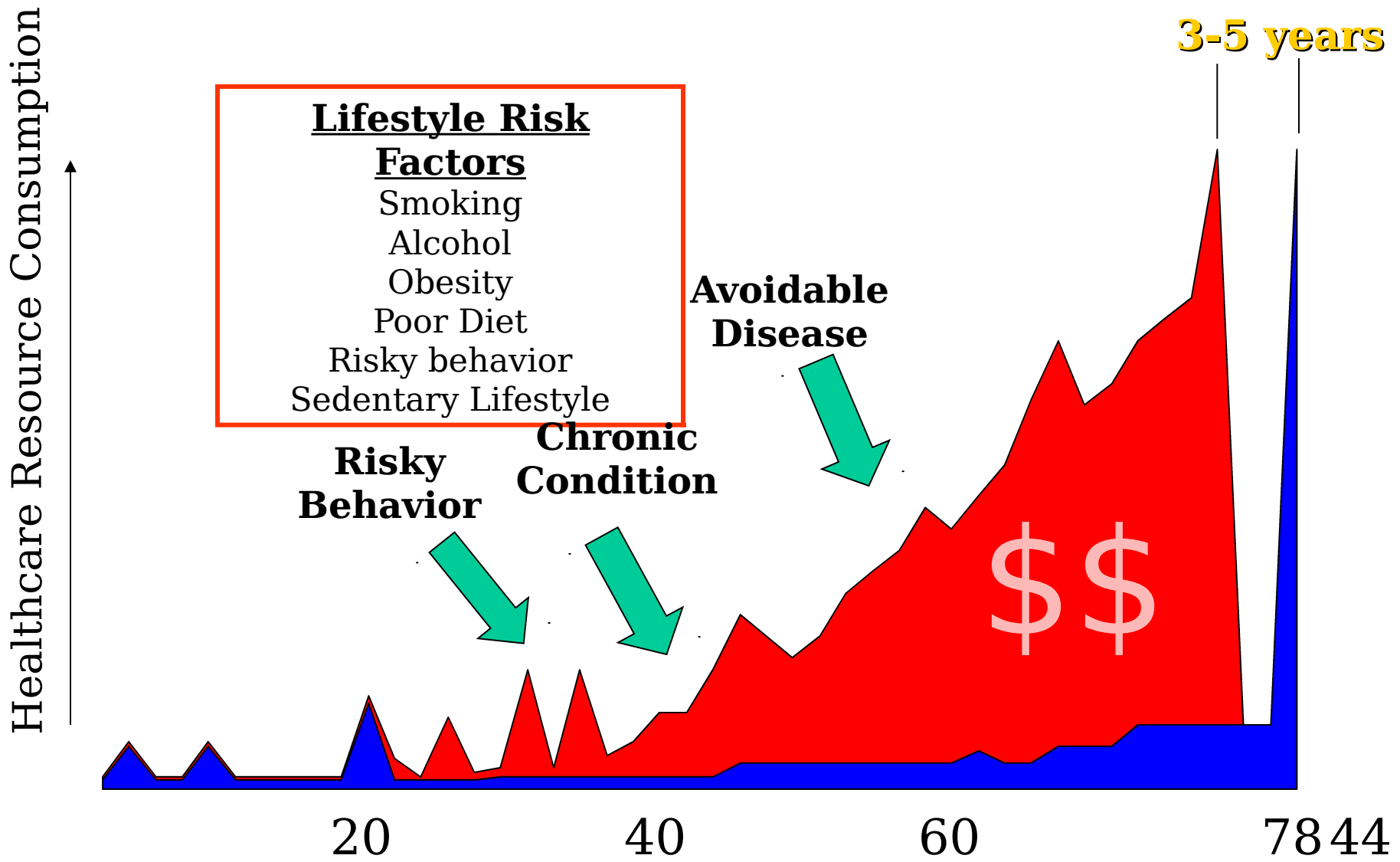


Good Health Reduces Healthcare Consumption



Physical Readiness Program

WEBSITE

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POLICY QUESTIONS

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PRIMS QUESTIONS

MILL_PRIMS@NAVY.MIL